

Dress Right, Dress

(Spangdahlem Supplement to AFI 36-2903, added to Table 2.5, item 19)

To present the proper military image, summer and winter weight battle dress uniforms and accessories will not be mixed and matched (Courtesy of the Spangdahlem AB First Sergeants Council)



News Briefs

COMUSAFE visit

Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, and his wife, Mary, visit the 52nd Fighter Wing this week. The general will meet with senior leadership as well as recent returning deployers, and is scheduled to appear as the guest speaker for the 52nd FW annual awards banquet Saturday.



Gen. Robert H. "Doc" Foglesong

Annual awards banquet

The Top 3-hosted 52nd Fighter Wing Annual Awards Banquet is Saturday in the Club Eifel main ballroom with the theme, "Celebrating Saber Excellence." The social hour begins at 6 p.m., and the ceremony begins at 7 p.m.

The wing would like to remind attendees the dress for the event is mess dress or semi-formal uniforms, and formal or semi-formal wear for civilians. Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe, commander, is the guest speaker.

Tickets available for USAFE's Annual Awards Banquet

RAMSTEIN AIR BASE, Germany (USAFENS) -- Tickets for the U.S. Air Forces in Europe's Annual Awards Banquet are available for purchase March 1.

The USAFE Annual Awards Banquet will be 6:30 p.m. April 8 at the Ramstein Air Base Officers' Club. Price of the tickets for the meat option is \$24 for club members and \$27 for non-members. Ticket prices for the vegetarian option are \$16.55 for club members and \$19.55 for non-members.

The USAFE Annual Awards Banquet honors the command's outstanding Airmen and civilians competing in the categories of Airmen, Noncommissioned Officer, Senior NCO, Company Grade Officer, First Sergeant of the Year and Civilian -- Categories I and II. USAFE leaders will announce the winners from each category during the event.

The deadline for ticket purchase is March 30 and can be purchased from wing command chief master sergeants or organization first sergeants. Guest speaker for the evening will be former Vice Chairman of the Joint Chiefs of Staff, Gen. Joseph Ralston. Both civilians and military members of all ranks are welcome to attend.

For more information, contact your wing command chief master sergeant or first sergeant.

New colonel selects

The 52nd FW congratulates the following individuals on their selection for promotion to colonel:

Thomas A. Berghoff, 52nd Operations Group

Scott R. Martin, 52nd FW Judge Advocate Group

Four-star hero

The 52nd FW salutes the Air Force's first African-American four-star general.

Read "Celebrating Black History Month," on Page 2



Eifel Times

Vol. 39, Issue 8

Spangdahlem Air Base, Germany

Feb. 25, 2005



Staff Sgt. Jennifer Lindsey

Brainstorming

From left to right, F-16 pilots Lt. Col. Russ Quinn, French air force 2nd Lt. Bertrand Rousset and 1st Lt. Julien Charpentier, and Capt. Sheryl Ott discuss the routes they took during the morning's flights here Feb. 17. The 22nd Fighter Squadron conducted a large-force exercise to practice using a new data link system, which offers 22nd FS pilots increased situational awareness while flying suppression of enemy air defense and strike missions with NATO forces. Pilots also practiced weapons targeting and employment.

Jet Blast Dining Facility re-opens

Flightline kitchen back in business, offers hot meals after year-long closure

By Senior Airman Amaani Lyle
52nd Fighter Wing Public Affairs Office

Soup's on Monday at 4:30 p.m. when the flightline's conveniently situated Jet Blast dining facility re-opens its doors here after a year-long closure.

Capt. Alyson Miller, 52nd Services Squadron combat support flight commander, explained the squadron's objectives in regard to the new facility.

"Nutrition is very important when it comes to readiness and contingency operations," Captain Miller said. "Ensuring our flightline members receive a nutritious, hot meal is a high priority in the 52nd Fighter Wing."

About a year ago, the Jet Blast Dining Facility closed due to the 52nd SVS's high deployment rate for air and space expeditionary forces 1, 2, 7 and 8.

"Our taskings in response to the Global War on Terrorism left us with a critical manning shortage, so we instituted hot-meals-to-go in which we took food orders at the Mosel Hall Dining Facility," Captain Miller said of the food pick-up and delivery program for flightline Airmen.

"This service helped, but it did not allow Airmen to sit down and enjoy their meals away from their work centers."

Senior Master Sgt. Darryl Davis, 52nd SVS combat support flight superintendent, said the dining facility is now back by popular demand and will offer its first "pay-as-you go" à la carte lunch from 11 a.m. to 1 p.m. Tuesday.

He added that flightline denizens seem eager for the convenience of hot food and proximity that the Jet Blast will once again provide.

"This is really awesome," said Staff Sgt. Michael Sullivan, 52nd Aircraft Maintenance Squadron F-16 avionics technician. "I like the fact that I can get a hot meal, I know immediately what I'm getting, and I don't have to go too far to get it."

Captain Miller said this brand of accessibility distinguishes the Jet Blast dining facility from the old way of doing business.

"The Jet Blast vastly improves dining options for enlisted flightline troops and allows quick access from their work area," she said. "Airmen even have the ability to drive a military vehicle directly to our facility."

Cash customers or meal card holders can enjoy quality fresh menu items and short-order meals, but the facility targets flightline subsistence-in-kind members.

"This is primarily for Airmen in the dorms who are on meal cards and have trouble getting away from their job site long enough to get to the Mosel Hall Dining Facility," Sergeant Davis said.

Captain Miller said the initiative proves the 52nd SVS's mission statement: "Combat service anytime, community commitment all the time."

"The Jet Blast has opened its doors to accomplish both, so stop in to get a hot meal; we'll be here, ready to serve," she said.

Time to eat at Jet Blast

Hours of operation Monday-Friday

Lunch -- 11 a.m. to 1 p.m.
Dinner -- 4:30 p.m. to 6:30 p.m.



Night flying weeks

Dinner -- 4:30 p.m. to 6:30 p.m.
Midnight meal -- 10:30 p.m. to midnight

No lunch meal

Hazards: Spang AB drivers face crashes, injuries; family member gets DUI

By David A. Barker

52nd Security Forces Squadron

Team Eifel members were involved in two driving-under-the-influence incidents. There were 30 crashes and accidents, and four of the accidents were classified as major.

Team Eifel's first major crash was the result of a DUI. The spouse of a 52nd Equipment Maintenance Squadron senior airman crashed his vehicle on B-50 due to speeding and alcohol consumption. The Polizei are investigating the case.

The second DUI involved a local national who hit a wing member's parked car and continued

to travel through a fence while driving in Bitburg. The Polizei are investigating the case.



The second major crash occurred on L-46 near Zemmer, and was caused by speeding and inattentive driving. While attempting to pass a car, the driver saw no room and attempted to return to his lane. He then spun, hit two other vehicles and was later transported to the Bitburg emergency room.

The third major wreck was on L-39 at the Beilingen turnoff. Driving too fast for icy road conditions caused this roll over, in which all three occupants sustained

injuries. The last major crash was the result of driving too fast for road conditions. Traveling between Oren Hoofen and Zemmer, the driver lost control of the rental car he was driving and rolled over.

Team Eifel members were also involved in 26 minor accidents: 11 from speeding, three from improper backing, six from inattentive driving, one DUI, three from wildlife, one failure to yield, and one from following too closely.

Driver's tip

Paying attention helps, but being familiar with hazardous road areas is even better. The B-50 is a high accident area and the Albachmuehle hotel area on B-50 is particularly dangerous area. The area is known for icy conditions even when the rest of the B-50 appears clear.

People can outsmart shady business swindling

Base legal office offers strong arm against 'scammers'; lists federal agencies protecting consumers from fraud

By Capt. Steven Snortland

52nd Fighter Wing Judge Advocate Group

Small or large-scale shady business scams anger and frustrate people, but they can be fought.

Being overseas can pave the way for particular problems regarding defective mail-order products, identity theft or annoying e-mails asking for account information. If people feel "ripped off and ticked off," they should know their allies; there are a lot of them.

The first place to start is the base legal office. Helping with consumer protection issues is part of the organization's mission. The legal office can guide people in the right direction, review letters, and in some cases can even help draft letters on their behalf. Sometimes it only takes a letter from a lawyer to assure shady businesses that a con-

sumer is aware of their rights.

The federal government also has great consumer protection resources. The Federal Trade Commission, the Federal Communications Commission and other agencies cover everything from identity theft to telemarketing scams. Some of the best sites for online help include: www.ftc.gov; www.fcc.gov; www.consumeraction.gov; www.cpsc.gov, for product safety; www.econsumer.gov, for international consumer issues; www.hud.gov, for housing; www.consumer.gov, for consumer resources; and www.fdic.gov, for banking.

One of the most forgotten resources in combating bad businesses is the state attor-

ney general's office. Attorneys general usually have broad powers to crack down on consumer abuse. Plus, they are elected officials, so nothing helps their career more than helping consumers. A list of state attorneys general can be found at the National Association of Attorneys General Web site, www.naag.org.

Nonprofit and private consumer protection organizations include the National Consumer Law

Center, www.nclc.org, and the Better Business Bureau, www.bbb.org. Finally, "Consumer Reports" magazine has a stellar reputation for unbiased testing of consumer products. They do not rely on advertisements to finance their publication.

Most importantly, use these sites and resources before problems are encountered.



Stop ID theft

People can also prevent identity theft by periodically checking their credit reports with the following major credit-reporting companies:

Equifax, 800-525-6285

Experian, 888-397-3742

TransUnion, 800-680-7289

For more information, call the 52nd Fighter Wing Judge Advocate Group at 452-6796.

Celebrating Black History Month



Gen. Daniel "Chappie" James Jr.

Gen. Daniel "Chappie" James Jr., was the first U.S. Air Force African-American general. Upon being promoted to four-star grade on Sept. 1, 1975, General James was assigned as Commander in Chief, North American Air Defense Command and Aerospace Defense Command, a position he held until his retirement on Feb.

1, 1978. He died 24 days later. General James, who served in World War II, Korea and the Southeast Asian Conflicts, summed up his thoughts on his role as an American serviceman:

"I've fought in three wars and three more wouldn't be too many to defend my country. I love America, and as she has weaknesses or ills, I'll hold her hand."

Photo and copy source: USAF Museum Web site, www.wpafb.af.mil



Staff Sgt. Francisco Araujo

Pipe cinch

Eighth grade Spangdahlem Middle School student Aaron Law, son of Master Sgt. Alan Law, 52nd Fighter Wing safety office, assembles and tightens a fitting on a high-pressure aircraft hydraulic hose here Feb. 3 as 8th grade SMS student Erica Green, daughter of Staff Sgt. Johnndrea Bishop, 52nd Logistics Readiness Squadron, and Airman 1st Class Leo Hernandez, 52nd Component Maintenance Squadron aircraft hydraulic systems technician, look on. The event was part of the 52nd FW Shadow Day, when Spangdahlem Middle School students visited various squadrons to get a better understanding of wing members' jobs.



Senior Airman Amaani Lyle

Top Saber Performer

Name: Staff Sgt. David Winiarski
Unit: 52nd Civil Engineer Squadron
Duty title: Power production craftsman
Hometown: Glenfield, N.Y.
Years in service: Eight
Nominee's contributions to 52nd Fighter Wing mission success: Sergeant Winiarski spearheads the section's supply and acquisition program. He meticulously maintains crucial supplies and materials for 26 technicians, ensuring the operational status of 110 emergency generators and six aircraft arresting systems. Recently, he researched and acquired \$6,000 in air-

craft arresting cables from Ramstein Air Base for the barrier maintenance team in only three hours. His actions and those of the power production team ensured uninterrupted flying operations and the safe launch and recovery of aircraft and their pilots. He also manages the hazardous material and waste program, ensuring that operations conform to Air Force Occupational Safety and Health regulations and local directives. An accomplished technician, he was a crucial factor in maintaining six hours of prime emergency generator support to 100 key facilities during a regional blackout. By directing recovery teams and refueling efforts, he minimized wing impact until normal power was restored. Additionally, while deployed in support of Operation Iraqi Freedom, he flawlessly maintained an 8.25 mega-watt power plant and 80 additional mobile generators. His tireless efforts resulted in award of the Air Force Achievement Medal.

Off-duty volunteerism and professional development pursuits: Sergeant Winiarski is pursuing his Community College of the Air Force degree in electrical and mechanical technology. He is also involved in the local Philippine-American organization, "Fil-Am."

What do you do for fun? I enjoy traveling and spending time with my family.

What do you like most about being stationed here? Spangdahlem AB is a tight knit group, where everyone knows each other and it has a family feel to it.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I live on Spangdahlem, so I'd like to see a larger base exchange and commissary, like the ones on Bitburg Annex.

Wing lauds CDC high-scorers

Staff reports

The 52nd Fighter Wing recognizes the following individuals for their outstanding career development course scores of 90 or above.

52nd Civil Engineer Squadron

Airman 1st Class Aaron Davis, 98;

Rainer Schikofsky, 90

52nd Contracting Squadron

Airman 1st Class Mindy Winans, 92

52nd Equipment Maintenance Squadron

Senior Airman Joshua Sweet, 97



Airman 1st Class Stacey Moless

Saber connect

Col. Dave Goldfein, 52nd Fighter Wing commander, chats with Airman 1st Class Nancy Martinez, 52nd Aerospace Medical Squadron bioenvironmental engineering journeyman, about some of her job duties during a Commander's Mentorship Program visit. A Las Cruces, N.M., native with two years of Air Force experience, Airman Martinez cited her recent win as the 52nd Medical Group Airman of the Quarter for July-September 2004, and the near completion of her Community College of the Air Force degree as noteworthy accomplishments.

Eifel Salutes

52nd Mission Support Group

In the house is the **52nd Civil Engineer Squadron Housing and Real Property Office**, for returning about 300 excess government housing units in Herforst and Speicher. This entailed condition surveys, utility meter readings, negotiation of terms for transfer and follow-on private leases for Saber families.

52nd Operations Group

We'll be brief -- they rock! **Senior Airman David Dixon** and **Staff Sgt. Ashley Aronovitch** provided superb intelligence support during the recent exercise, and they also assisted in the set up of the deployed debriefing facility.

52nd Maintenance Group

When it comes to the efforts of these leaders, a salute surely follows for **Master Sgt. John Prudente** and **Staff Sgts. Clint Sickel; Nathan Short; Barrett Magee; Senior Airman Arthur Winship** and **Airman 1st Class Garrett Porter**, whose outstanding deployment execution to the NATO Tactical Leadership Program at Florennes Air Base, Belgium, provided 52nd Fighter Wing pilots the opportunity to fly more than 30 sorties and become NATO mission commanders.

52nd Medical Group

Simply smashing is **Capt. Charles Timnak**, who arranged overnight emergency transfer of a patient to a London medical facility. On point were **Lt. Col. Anita Wolfe**, **Maj. Matthew Grinstaff**, **Senior Master Sgt. Lovorn Brown** and **Heather Hughes**, who coordinated the 52nd Medical Operations Squadron offsite. A knockout troop is **Airman 1st Class Tasha Gerard**, who exceeds all

expectations in anticipating the needs of the anesthesia providers. **Master Sgt. Cedrick Clark**, **Staff Sgt. Kellie Fredsholm**, **Senior Airman Chris Hogenmiller** and **Airman 1st Class Elizabeth Dean** and **Leigha Johnson** deserve lollipops for creating such a "good shipment" of cargo during the recent Operation Desert Return exercise. **Sabine Betendorf** has braced herself to fly solo and excellently handle the 52nd Dental Squadron orthodontic department.

38th Munitions Maintenance Group

The **701st Munitions Support Squadron, Maintenance Support Section**, Kleine Brogel, Belgium, had the right stuff, as told by the USAFE Inspector General, who noted "tremendous improvements in support equipment management, job knowledge and commendable enthusiasm toward perfection." From A to Zeiders ... **Tech. Sgt. Stephen Zeiders** ensures the command post can procedurally handle any squadron contingency. He also ensures that decision-makers at all levels have up-to-the-second status of major squadron activities.

Detachment 9

This "Ripple" made waves ... **Staff Sgt. Michael B. Ripple Jr.** was selected from 32 broadcast maintenance technicians in theater to earn the coveted 2004 European Broadcast Maintenance Professional of the Year. His drive and focus improved the effectiveness of his operations making him an invaluable part of the Air Force news team.

Kudos to all; Team Eifel salutes you!

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Amaani Lyle

Top Saber Team

Unit Name: 52nd Civil Engineering Squadron Power Production and Barrier Maintenance Section

Description of unit responsibilities: The "power pro" and barrier maintenance section maintains 110 fixed and mobile emergency generators and all associated electrical switchgear. These units are located throughout Spangdahlem Air Base, Bitburg Annex, and 12 other geographically separated units to support 52nd Fighter Wing, U.S. Air Forces in Europe and NATO operations. Additionally, they also maintain six aircraft arresting systems on the primary runway, providing emergency arresting capability for tail-hook equipped fighter aircraft during in-flight emergencies.

Number of members: 26

How does the team fit into the 52nd FW's mission? The section provides emergency generator support during power failures to the airfield and other critical facilities, ensuring mission success. Additionally, they provide mobile generator support for exercises, deployments, Tops in Blue and other wing events. The section ensures continual flying mission support by maintaining 100-percent operational capability of the arresting systems, which require extensive daily maintenance and coordination with airfield management. The team's outstanding efforts saved multi-million dollar aircraft from certain destruction, and more importantly, safeguarded pilot's lives.

Teams other contributions through the year? The section expediently acquired and replaced four defective barrier pendant cables identified during a quality inspection. Additionally, they provided prime emergency power support to 100 facilities for six hours during a regional blackout, ensuring base recovery efforts continued. They've managed to meet these heavy work demands while simultaneously deploying 15 troops on two separate deployments in support of Operations Enduring and Iraqi Freedom.

Medals updated in personnel system

RANDOLPH AIR FORCE BASE, Texas -- Air Force officials have completed a batch update to currently reflect award of the Korean Defense Service Medal and Global War on Terrorism-Expeditionary Medal in the military personnel data system.

Air Force Personnel Center officials here recently completed a mass decorations update for more than 69,000 active-duty Airmen who were permanently assigned to Korea, earning the Korean medal. An additional 114,000 updates for the expeditionary medal were completed for active-duty Airmen deployed to Southwest Asia supporting Operations Enduring Freedom or Iraqi Freedom since Sept. 11, 2001.

Airmen eligible to wear either medal can view their decoration history in virtual military personnel flight to verify the update was successful. They can contact their commander's support staff if they qualified for either decoration, but their decoration history was not updated. If the entitlement is veri-

fied, support staff Airmen will fax the appropriate letter to the AFPC contact center for update.

Each medal will only be awarded once, regardless of how many times an individual returns to serve in the respective theater, officials said. There are no service stars or other devices authorized; however, battle stars may be authorized with the GWOT for people who engaged in actual combat. The chairman of the Joint Chiefs of Staff is the approving authority for battle stars.

The medals initially will be issued by local military personnel flights as they become available and are also available through the Army and Air Force Exchange Service.

For more information on criteria for issue and wear of each medal, visit: www.afpc.randolph.af.mil/awards/Recently%20approved%20awards.htm, or call the AFPC contact center at (800) 616-3775.

(Courtesy of AFPC News Service)

Twice-yearly TSP 'open season' limitations end July 1

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON -- Defense Department civilians and servicemembers building tax-free retirement accounts through the Thrift Savings Plan soon will be able to change their investment options at any time instead of just twice a year.

Current biannual TSP "open season" investment-choice windows will end July 1, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council. TSP participants, she said, will be able to switch their retirement account options at any time.

Colonel Fenton said "there's not going to be the two open seasons during the year" where people can sign up for the retirement savings and investment program, change their contribution levels or change investment options.

Military people and civilians covered by the Civil Service Retirement System can contribute up to 10 percent of their paycheck to establish tax-free retirement accounts that grow from accumulated savings and investments in bonds, stocks and international funds.

Employees covered by the Federal Employees Retirement System can contribute up to 15 percent in 2005. From 2006 on, no limit will apply to any participants in TSP.

Another TSP change also slated to start July 1 gives participants the choice of having a financial manager automatically adjust how funds are invested as market conditions change, officials said.

"They'll move you from equities to bonds when you need to," Colonel

Fenton said, which should assist participants in maximizing their contributions.

Servicemembers have been eligible to establish tax-free TSP retirement accounts since January 2002, she said.

Establishing a TSP account is a good idea even for those servicemembers who do not serve long enough to qualify for a pension, Colonel Fenton said. TSP funds accumulat-

ed during military service, she said, can be transferred to participating federal agency TSPs if a departing servicemember takes a government civilian job.

TSP savings can also be rolled into nongovernment civilian employers' individual retirement accounts, the colonel said.

(Courtesy of AFPC News Service)



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Spang Middle School students celebrate Black History Month

By **Dorinda Ray**
Spangdahlem Middle School teacher

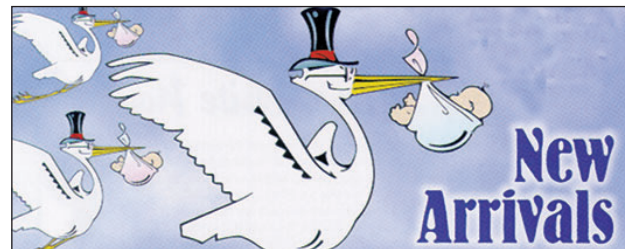
Students from the Spangdahlem Middle School are celebrating Black History Month in a "swinging" way this February. The art department is studying the Harlem Renaissance and the artists, poets, writers and musicians who came out of that period.

The Harlem Renaissance is a movement developed in the first half of the 20th century. From the 1920s until the '40s, an unprecedented outpouring of creative activity among African-Americans occurred in all fields of art. Beginning in the section of New York known as Harlem, this movement lifted and celebrated the unique culture and heritage of African-Americans through music, dance, literature and art. The movement had a profound influence across the United States, and even around the world.

Some of the great artists being studied in the art department this month include William H. Johnson, Lois Mailou Jones, Duke Ellington, Jacob Lawrence, Langston Hughes and Louie Armstrong.

One of the art projects this month is the exploration of dance with the students doing paintings of "jitterbuggers" who responded to the popularity of swing and jazz that swept the country. The paintings will be displayed in an exhibit at the middle school.

Beginning Monday, people are encouraged to stop by the middle school to enjoy the artwork, and learn about the Harlem Renaissance.



By **Edna Sugatan**
52nd Medical Support Squadron

Hannah Lee Gilliam was born Sept. 29 at 5:46 a.m. to Senior Airman Jerry and Christina Gilliam. She weighed 7 pounds 15 ounces and was 21 inches long. Airman Gilliam is assigned to the 52nd Equipment Maintenance Squadron.

Alyssa Paige Dinges was born Jan. 1 at 4:41 a.m. to Staff Sgt. Brad and Amy Lynn Dinges. She weighed 7 pounds 11 ounces and was 20 inches long. Sergeant Dinges is assigned to the 52nd Civil Engineer Squadron.

Ethan Cage Clarke was born Jan. 1 at 6:25 a.m. to Master Sgt. Robert and Irene Clarke. He weighed 6 pounds 4 ounces and was 19 inches long. Sergeant Clarke is assigned to the 52nd Operations Support Squadron.

Ana Sofia Smith Pino was born Jan. 1 at 10:10 p.m. to Senior Airman John and Jocelyn Smith. She weighed 9 pounds 2 ounces and was 21.5 inches long. Airman Smith is assigned to the 52nd EMS.

Garner Michael Francis Baker was born Jan. 2 at 10:01 a.m. to Capt. Beverly and David Baker. He weighed 9 pounds 13 ounces and was 23.5 inches long. Captain Baker is assigned to the 52nd Mission Support Group.

John Cobb Tschoepe was born Jan. 4 at 7:56 a.m. to Staff Sgts. James and Elizabeth Tschoepe. He weighed 8 pounds 1 ounce and was 20.5 inches long. Sergeants Tschoepe are both assigned to the 52nd EMS.

Kirsten Nicole Yancy was born Jan. 4 at 8:16 a.m. to Senior Airman Kris and Shana Yancy. She weighed 7 pounds and was 19.5 inches long. Airman Yancy is assigned to the 52nd EMS.

Edward Thomas Proper was born Jan. 11 at 7:58 a.m. to Staff Sgt. Edward and Christina Proper. He weighed 5 pounds 5 ounces and was 18.5 inches long. Sergeant Proper is assigned to the 52nd Aircraft Maintenance Squadron.

Marissa Nicole Gerald was born Jan. 11 at 9:56 a.m. to Staff Sgt. Marlene and Dewayne Gerald. She weighed 7 pounds 4 ounces and was 19 5/8 inches long. Sergeant Gerald is assigned to the 702nd Munitions Support Squadron.

Samantha Erin Huggins was born Jan. 14 at 12:24 a.m. to Staff Sgt. Dexter and Carrie Huggins. She weighed 7 pounds 6 ounces and was 19.5 inches long. Sergeant Huggins is assigned to the 52nd Communications Squadron.

Brayden Daniel Atchley was born Jan. 16 at 8:02 a.m. to Master Sgt. Michael and Kimberly Atchley. He weighed 9 pounds 7.9 ounces and was 22 inches long. Sergeant Atchley is assigned to the 52nd CS.

Aleah LouEllen Wolfe was born Jan. 22 at 8:26 a.m. to Staff Sgt. George and Nikki Wolfe. She weighed 7 pounds 9 ounces and was 10 inches long. Sergeant Wolfe is assigned to the 52nd CS.

Killian Bradley Goupil was born Jan. 24 at 11:20 a.m. to Staff Sgt. Patrick and Erin Goupil. He weighed 6 pounds 10 ounces and was 20 inches long. Sergeant Goupil is assigned to the 52nd EMS.

Benjamin Brayden Hickey was born Jan. 24 at 3:13 p.m. to Staff Sgt. Benjamin and Tally Hickey. He weighed 7 pounds 13 ounces and was 20 inches long. Sergeant Hickey is assigned to the 52nd CS.

Madison Anne Jernigan was born Jan. 27 at 12:12 a.m. to Airman Xavier and Rachel Jernigan. She weighed 6 pounds 9 ounces and was 18 7/8 inches long. Airman Jernigan is assigned to the 52nd Logistics Readiness Squadron.

Tyla Janae Stewart was born Jan. 31 at 4:48 a.m. to Staff Sgts. Timothy and Latoya Stewart. She weighed 7 pounds 3 ounces and was 19.75 inches long. Sergeant Timothy Stewart is assigned to the 52nd Security Forces Squadron and Sergeant Latoya Stewart is assigned to the 81st Fighter Squadron.

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
1st Lt. Mike Cumberworth.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
Senior Airman Amaani Lyle.....Editor
Airman 1st Class Eydie Sakura.....Staff writer
Iris Reiff.....Leisure writer

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information.



Col. Dave Goldfein

**February
Sortie
Scoreboard**

Aircraft	Goal	Flown	Delta
22FS	353	205	-20
23FS	346	236	-5
81FS	291	105	-70

*Delta is contract vs. sorties flown to date.

Through Feb. 21

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Feb. 25, 2005

Page 5

Giving a hand

Volunteering to help is great to do in spare time whether at home or office

By John Colburn

American Red Cross Station Manager

"Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others." -- Danny Thomas

The standard joke when making a presentation for the American Red Cross is to begin by saying something like, "I'm here to ask for your time, your money, and your blood."

This time I'll make it easy on you; I'm only asking for your time by asking you to become a volunteer.

Why, you say, should I become a volunteer? There are many good reasons. The first is that it's a good thing to do. Helping others is a worthwhile way to use your time. It also helps to get people out of the house, and helps you to meet new people. Another one of the great reasons to become a volunteer is to learn new skills. Many of our volunteers end their volunteer career when they get hired to do the job they've been doing as a volunteer. Volunteering also allows you to apply old skills that may have become rusty from lack of use.

“ Everyone's excuse of why they don't volunteer is that they don't have time. One of the nice things about being a volunteer is that you make volunteering fit your schedule. ”

Some people think there's only one way to be a volunteer: as one person, at one place, at some scheduled time; but there are really many ways to volunteer. You can be an intermittent volunteer, working only sporadically on particular events. For example, at one base I had a person who was in charge of the Christmas gift wrapping project, and that was the only thing she did as a volunteer.

You can volunteer as a family and get some great quality time with your children doing volunteer work. You can volunteer at home, doing things that will help others. Or, of course, you can be one of our volunteers who works at a specific time and place, whether it's one day a week at the

hospital or one day a month at an office.

Everyone's excuse of why they don't volunteer is that they don't have time. One of the nice things about being a volunteer is that you make volunteering fit your schedule. If something comes up and you can't make it to your volunteer assignment one day, that's too bad – just be sure to call your supervisor, because they come to rely on you and they'll miss you. If you volunteer at home, you can do your volunteer work when you want to. Some things you can even do while you're at home watching TV.

The other good question is "where to volunteer?" There are basically unlimited choices depending on what you want to do and where you want to work. Most of our American Red Cross volunteers are at the hospital, but there are lots of them in other places. My vision is limited to the American Red Cross; don't let my vision limit your vision. What you do as a volunteer and where you do it are only limited by your imagination.

My closing line is simple: "help me help us." Give me a call at the American Red Cross office at 452-9440. Join a great group of people who volunteer and help make the world a better place.

Lesson learned

Spang Airman gives first-hand account of DUI consequences

By Airman David Alston

52nd Communications Squadron

After a night of drinking, clear, well-informed decision-making can seem hard to achieve, but there are actually so many ways to get home safely and legally.

- Walk home
- Sleep at a friend's house
- Call a taxi
- Ride with a designated driver
- Call Airmen Against Drunk Driving
- Ride the Alternative Drive (each Friday)
- Call Ride for Life, offered by first sergeants
- Call your Wingman. Everyone should have their Wingman card on them at all times.
- Call your commander; it may be tough, but take them up on their offer
- Call a friend
- Ask a member of Eifel Patrol to help you get home.

Driving or riding with someone who "only had a couple of drinks" is not part of this list, because this is not an option.

Driving under the influence is one of the major problems on this base. Not only does it end careers, but it can end lives. The consequences are not worth it. Everyone knows about the Article 15, extra duty, correctional

custody, forfeiture of pay, and the loss of stripes, but what about the other occurrences?

You will also lose your license, have to re-register your car, and your insurance will increase once you get the privilege to drive again.

People on base will hear about the DUI, and some people may even label you without knowing you very well. You might be watched more closely as you serve the punishment for the mistake you have made, all the while hoping not to make another.

Take it from me; I recently got a DUI and now I am doing everything in my power to rebuild my reputation. I am fortunate not to have crashed, because I could have taken someone else's life or my own.

Someone who discovered I had a DUI became extremely upset with me because someone close to her was killed by a drunk driver. Just think: someone you hit could be a family member, a friend, or someone you work with. Think about your career -- I'm on thin ice at the moment. I joined the Air Force for many reasons and nearly threw my career away because I wanted to take a chance. I can't go back home, as there is nothing there for me but trouble. The Air Force is a big part of my life, and I need it. It's not worth taking chances. Save a life, save your career, don't drink and drive.

Direct Line

Shopping in uniform

Question: I am writing because of the number of people I have noticed out "shopping" and doing other activities off base while in uniform.

I talked to two Airmen at the Hela market recently about being out in uniform. Not even five minutes later, I saw a lieutenant colonel in the same store.

What is the current U.S. Air Forces in Europe or Spangdahlem Air Base policy on wearing the uniform to off base establishments for personal business?

Answer: Thank you for bringing this concern to my attention. U.S. Air Forces in Europe policy is clear on this issue.

Air Force members may wear the Battle Dress Uniform or Flight Dress Uniform to off-base establishments to include short convenience stops and eating at fast food restaurants.

We should not wear our uniforms to off-base establishments for extended shopping, dining, socializing or to take part in entertainment.

I expect wing members to use common sense in this critical force protection area.

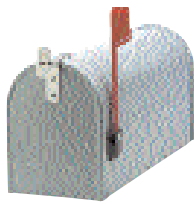
For commanders and supervisors, take corrective action on the spot when you see fellow Sabers not in compliance with this guidance.





Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



University of Oklahoma

♦ The University of Oklahoma offers open enrollment for the summer 2005 semester Tuesday. Sign up at <https://enroll.ou.edu>, or for more information, call the Spangdahlem AB University of Oklahoma site manager at 452-7555.

♦ Get a master's degree in International Relations. Visit the OU office located on Spangdahlem AB, building 131. For more information, call the OU site manager at 452-7555.

Eifel Community Center

The 52nd Services Eifel Community Center hosts the following events:

♦ Bi-Okoto African-American Drum & Dance Theater takes place Sunday at 5 p.m. in the Brick House. Enjoy this free performance in celebration of Black History month. Families are welcome.

♦ The Dorm Dwellers' Challenge HALO 2 tournament kicks off March 6 at 6 p.m. in the Brick House. This free event could help an Airman's dorm earn points for the Dorm Dwellers' Challenge.

♦ The USAFE Idol Competition application deadline is March 9. The USAFE Idol show takes place March 26 at 7 p.m. in the Brick House. The competition is looking for Airmen with singing talent to be the next USAFE Idol. For more information, log on to the USAFE Services Website at www.usafesvsmarketing.org and click on the USAFE Idol icon.

For details, call the Eifel Community Center at 452-7381 or 06565-61-7381.

Volunteer recognition

The deadline for submitting the 52nd Fighter Wing volunteer recognition ceremony awards is Tuesday at noon. The award categories include the following: volunteer excellence, diversity, volunteer leadership, young Airman volunteer and youth excellence. Any member of the Eifel community who performs volunteer activities is eligible, but adults must be registered with the Wing Volunteer Resource Program as a volunteer. For more information call the family support center at 452-6422 or e-mail tammy.kunz@spangdahlem.af.mil.

Dr. Seuss' birthday

Help celebrate Dr. Seuss' 101st birth-

day March 2 from 4-5 p.m. at the Spangdahlem AB and Bitburg Annex libraries. For more information, call Stephanie Evers at 452-6203.

Puppy kindergarten

Dog obedience and puppy kindergarten classes begin March 1 at the Pet Spa in Oberweiss. The six-week course is held each Tuesday and includes dog obedience at 6 p.m., and kindergarten at 7:30 p.m. for puppies under six months old. For details, call 452-9362.

52nd MG awards banquet

The 52nd Maintenance Group holds its Annual Awards Banquet March 4 at 6 p.m. in the new Club Eifel. The guest speaker will be Lt. Gen. Leo Marquez, USAF, Retired, for whom the main award of the evening is named. For more information, call MSgt Wendell Shoultz at 452-6561 or e-mail him at Wendell.shoultz@spangdahlem.af.mil.

AA meetings

Alcoholics Anonymous meetings take place each Tuesday and Friday at 7:30 p.m. in building 2015. The program is not affiliated with any base program, and adheres to the principle of anonymity. For general inquiries, call 01803-224357 or 0175-749-3695.

Al-Anon groups

Al-Anon family groups meet each Sunday at 6 p.m. in building 2015. Al-Anon is a self-help program for adults who have been affected by someone else's drinking. The program is not affiliated with any base program, and adheres to the principle of anonymity. For more information, call 0175-749-3695.

Club Eifel membership

Club Eifel is sponsoring a membership drive now through April 30. New members joining during the drive are eligible to win an assortment of prizes, plus the grand prize of a \$5,000 luxury vacation at a five-star hotel in Venice, Italy. Sabers can pick up an application at the new Club Eifel.

ACT Eifel

ACT Eifel features its newest production entitled, "Eclipsed," which was inspired

by the practice of making pregnant and unwed Irish mothers work as "penitents" in church-run laundries. The practice started during the last famine and lasted well into the 1960s. Tickets are on sale for \$19.95 per person for the March 18, 20, 25 and 26 show dates. The production is in need of volunteers with interests in technical support, hair, makeup, sound and set construction. For more information on the play and the menu, call 452-7381 or stop by Spangdahlem AB, building 124.

Girl Scouts

The Girls Scouts Overseas at Spangdahlem AB need volunteers to get involved, primarily people who excel at managerial, organizational and multi-tasking skills. For details, call Tim Hezel at 0170-662-7776 or e-mail him at thezel@t-online.de.

Camp Lachenwald

The Girl Scouts Overseas at Spangdahlem AB offer a resident camp at Camp Lachenwald, near Marburg, Germany, for girls ages 7-17. Sessions are four to 10 days long, and girls can choose from an array of themed sessions including canoeing, horseback riding and theater skills. Camp programs are open to all girls, even if they are not Girl Scouts. Parents can check out the Camp Lachenwald Web site at www.norags.com/camlachenwald. There will be an information night March 4 at the Spangdahlem AB chapel. For details, call Bobby Anzalone 452-9190.

Mosel marriage retreat

The family support center offers a couples' retreat April 15-17 from 6:00 p.m. Friday until 3:00 p.m. Sunday at the Liesertal Hotel in Maring, Germany. The retreat is designed to provide couples positive skills, education and information on marriage. For more information, call Lynn Luria at 452-6422, or e-mail her at lynn.luria@spangdahlem.af.mil.

Kennel reservations

The Pet Spa is now taking reservations for Sabers who wish to do a little traveling. Pets receive a free kennel bath and nail clipping with a three-night minimum stay. Extra walks and playtimes are also affordable options. For reservations or details, call Meliss Edgell at 452-9362.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (building 139)
- ♦ Monday - Thursday, 11:45 a.m.

Protestant

- ♦ Sunday, 9:30 a.m. and 4 p.m., preschool through sixth grade (building 139); 10:30 a.m., traditional service; 1 p.m., Korean; 5 p.m., Sunday Night Live service

Bitburg Annex

Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m.

Protestant

- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service
- For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.



It's all about **NEW!**
MEMBERSHIP DRIVE

Join Club Eifel between February 1 and April 30 during Club Eifel's current membership drive and you could be jetting off to beautiful Hotel Cipriani in Venice, Italy - a luxury vacation worth \$5000!

This trip of a lifetime will only go to one lucky Club Eifel member. Other great prizes will also be awarded. Don't miss out!

Winner's name will be drawn from both existing and current membership numbers and will be verified before awarded.
It's all about NEW! It's all about YOU!

Join today and enjoy such member-only benefits as the **MARCH 3 FREE**

Members-Only Night

This adult member event will include entertainment, a huge dinner buffet and over 100 prizes awarded all night! Sign up for membership that night and you'll also receive a \$10 club gift certificate in addition to being eligible to win the evening's prizes!

75gt Darrel Whaler
52S VS/SW/MC
Club member for 8 years

Too Bad...
2Lt Rebecca A. Hart (officer's lounge) and SSgt Misty M. Lindsey (enlisted lounge) each missed out on \$100 during the weekly club drawing this past Friday night. But you didn't lose out completely! Please stop by the cashier's cage to pick up your free lunch buffet coupon. And remember...the cash continues to grow. Be at the club this Friday to get in on the action!



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least 10 days before the desired date of publication. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Movies

The following movie listings are for today through March 3. Times and movies are subject to change. For the most current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Coach Carter (PG-13, 7 p.m.)

Samuel L. Jackson plays the controversial high school basketball coach who benched his undefeated team due to their collective poor academic record in 1999.

Spanglish (PG-13, 10 p.m.)

A woman and her daughter emigrate from Mexico for a better life in America, where they start working for a family where the patriarch is a newly celebrated chef with an insecure wife.

Saturday

Lemony Snicket's A Series of Unfortunate Events (PG, 7 p.m.)

The wealthy parents of three children are killed in a fire. When the children are sent to a distant relative, they find out that he is plotting to kill them and seize their fortune.

Coach Carter (10 p.m.)

Sunday

Lemony Snicket's A Series of Unfortunate Events (4 p.m.)

Coach Carter (7 p.m.)

Monday

Lemony Snicket's A Series of Unfortunate Events (7 p.m.)

Tuesday

Coach Carter (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

Racing Stripes (PG, 7 p.m.)

In the middle of a raging thunderstorm, a traveling circus accidentally leaves behind a baby zebra. The gangly animal is rescued by a champion thoroughbred trainer who believes the young foal can leave other race horses in the dust.

Saturday

Closer (R, 7 p.m.)

Based on a play by Patrick Marber, couples find out that love can disappoint when one of them experiences an affair.

Sunday

Flight of the Phoenix (PG-13, 7 p.m.)

After surviving a plane crash over the Gobi Desert, Captain Frank Towns and his air crew face the challenges of surviving an attack by desert smugglers as they build a new plane from the wreckage.

Closed Monday and Tuesday

Wednesday

Racing Stripes (7 p.m.)

Thursday

Closer (7 p.m.)

Volcanos in the Eifel?

Local lakes inspire legends

By Iris Reiff

52nd Fighter Wing Public Affairs Office

It was nearly 2,000 years ago that a lonely wanderer reached the shoreline of the Weinfelder Maar crater lake. The water was dark and deathly still. The wanderer was Pontius Pilate, who had condemned Jesus Christ.

In despair, Pilate threw himself into the deep water of the crater lake and drowned. Today, Pilatus rock, a rock that Pilate supposedly sat on, can be found at the lake as a witness for the occurrence. Ever since, the lake was called Death Lake. Many other legends center around this lake.

The Weinfeld Maar lies in a 51-meter deep caldera -- and has no inlet or outlet. The water level is simply regulated by rain and evaporation. Like a wreath, shrubs and plants wind around the lake shore, consisting mainly of black gravel.

In the evening sun, the surface of the water shines like a huge round mirror. Quietly a bird takes off into the sky. He must be admired for his view. Beneath its wings is a beautiful and charming countryside, once a land of fire-spewing mountains.

Bounded by the four rivers of Mosel, Rhein, Ahr and Sauer and located deep down in the valley, one can find the Maare or volcanic lakes -- called the eyes of the Eifel by the poet Clara Viebig.

Historical documents reveal that from the Tertiary period, about 40 million years ago, until modern-times of world history, volcanic gas explosions of several hundred volcanoes pierced the Eifel mountains. They hurled vast quantities of sand and stone out of the interior of the earth. What remained were more than 50 craters.

After the volcanic activity ceased, about 9,000 years B.C., the craters became filled with rain water. However, today only nine lakes, located around the towns of Daun, Manderscheid and Ulmen, still contain water.

The remaining lakes either dried up or were filled up by sedimentation. After the Ice Age, swamps developed on the grounds of the basins.

Very impressive is the Holzmaar lake, which is filled with

water, and the adjacent Duerren Maar that has developed to a high swamp land covered with plants. Holzmaar, near the town of Gillenfeld, covers nearly 17 acres of area and is 69 feet deep. There are large woodlands and nice walking paths surrounding the lake.

Among the nicest lakes is the Pulvermaar, located near the town of Gillenfeld. It covers an area of 89 acres. With a depth of 243 feet, it is the deepest crater lake north of the Alps. Pulvermaar is perfectly circular and crystal clear. People can fish, swim, boat, sail and dive at Pulvermaar.

Gemuendener Maar, which has 18 acres, is 125 feet deep. This lake is surrounded by tall beech trees and offers several walkings paths.

Schalkenmehrener Maar, which holds the same name as the adjacent village, covers an area of more than 53 acres. It is 69 feet deep and offers quite a few walking paths. Swimming, boating and sailing are allowed at this lake. There is a large camping site by the lake and a hang gliding field is located some 546 yards away.

Meerfelder Maar has 79 acres and is about 56 feet deep. Fishing, boating, swimming and kite-flying are available here.

Other lakes are Ulmener Maar and Immerrather Maar.

Ulmener covers 13 acres and is 56 feet deep while Immerrather has more than 16 acres and is nearly 10 feet deep.

Weinfelder Maar has 42 acres and is 167 feet deep. An old chapel, a sole relic of a former village, can be found at the edge of the lake.

The Windsbornkrater on the Mosenberg near Bettenfeld is the only mountain crater lake north of the Alps. It covers nearly 62 acres. The depth ranges from 10 to 13 feet.

The volcanoes of the Eifel have been extinct for a very long time. However, the Maare lakes, formed in the volcanic craters, are a reminder of those days.

Today the lakes are very popular, attracting many tourists year-round. Each lake is different, but the all have one thing in common -- all are steeped in an age-old legend.



Iris Reiff

Horn to be wild

A member of the Bavarian "Aischzeit" band plays an alp horn at the opening of this year's Bitburg Bierfest Friday at the old Bitburg Flugplatz. Thousands of visitors are expected to show between now and March 19 for the event, a festival, similar to an October fest. For more information, visit www.bitburger-bierfest.de. The Eifel Stern Hotel, located near the tent, offers discount prices for festival attendees. Visit www.eifelstern.com for details. Sabers are reminded that alcohol control points regularly take place in the Eifel region.



Package deals with Outdoor Recreation

Outdoor Recreation offers two ski trips for the entire family this March. Sign up for the

Black Forest ski trip March 11-13, the cost is \$275 per person; or try the Swiss ski trip March 11-13, where the cost is \$265 per person. Prices are for dorm room occupancy, but double rooms are available for an additional fee. Receive 25 percent off the regular price for each child under the age of 12. For details, call ODR at 452-7170.

Out and About

(Editor's note: Event dates and times are subject to change.)

♦ Shop at local flea markets Sunday at the Gerolstein Hit Market; the Koblenz Musik Park, located on B-9; inside and outside the Trier-Feyen Floh market hall; the Bad Kreuznach Pflingstwiess grounds; the Landstuhl Kaufland-Toom market; the Ramstein Floh market hall, located on Flurstrasse; and on Ramstein-Miesenbach Talstrasse.

♦ Plan to visit this year's Easter Exhibition at the Dudeldorf Pallien Pavillion March 4-20. The display will be open each Friday, Saturday and Sunday from 2-6 p.m.

♦ See Rod Stewart in concert May 27 at the Cologne arena. For tickets, call the Trier Presse Center at 0651-14599-30 or the Bitburg Presse Center at 06561-9595-0.

♦ See the original "Temptations" in concert March 19 at 8 p.m. at the Trier Messepark fairgrounds. For more information or tickets, call 0651-4362258 or 0160-99742133.

Great balls of fire



(Top) Tony Noesen 52nd Equipment Maintenance Squadron F-16 phase crew chief, throws a ball at opposing team members during the dodge ball challenge Feb. 17 at the Skelton Memorial Fitness Center. Twenty-eight teams played in the challenge, and the 52nd Logistics Readiness Squadron team took first place.

(Left) Colleen Sammis, 52nd Services Squadron lodging journeyman, prepares for a hit from an opponent during the dodge ball challenge.

Photos by Airman 1st Class Heather Frady

Exercise: Sabers should go for the calorie burn

Lots of people are finding time to exercise. They seem to know a little secret about why exercise is so important. Probably the most familiar benefit of exercise is its role in weight loss and weight maintenance. Successful weight loss and weight maintenance is enhanced with regular physical activity. But beware ... If people increase their activity and do not reduce their calorie intake, weight loss, while not impossible, will be slow.

If people increase their activity and decrease the number of calories they take in, they will see faster weight loss than with increasing activity alone.

Equally important, the exercise program people start during their weight loss program is essential for maintaining their new found weight.

Exercise encourages the body to burn extra fat as fuel, but without the 'starvation signals' that a restrictive dieting approach may produce. In fact, exercise helps the body condition itself to be a more effective user of fat for fuel. Building muscle through exercise also helps increase metabolism, and consequently increases the caloric needs of the body.

Muscle tissue requires more energy than fat tissue; it follows that a more muscular person can eat more and still maintain a healthy weight.

But how can activity be enough? The current recommendations for physical activity are for individuals to participate in at least 30 minutes of moderate-intensity physical activity at a minimum of three to five days per week. If lack of time or energy

prevents them from exercising for more than 30 continuous minutes, break it down into segments during the day.

Research shows physical activity that is broken into 10 to 15 minutes segments to total 30 to 40 minutes per day will also provide benefits.

A well-rounded program should not only improve fitness, but also strength and flexibility. To improve strength, add

two to three days training to the aerobic routine. People can improve their flexibility by starting and finishing aerobic and strength training activities with stretches.

To lose weight, aim for burning about 1,000 to 2,000 calories per week from activity. People can do this by participating in exercise activities three to four days a week, burning 300 to 500 calories per session. They may also reap the same benefits with an activity four to five days a week, burning 200 to 400 calories per session.

Keep in mind that people shouldn't expect to see changes on the scale right away. Weight loss is a slow, steady process. It is not uncommon to some-

times see a weight gain in the initial stages. That is because muscle weighs more than fat. Rest assured, if people are losing inches, they are losing body fat.

Exercise for a heightened state of health and fitness. For more information about exercise, nutrition and weight control, call the health and wellness center at 452-9355.

(Courtesy of the health and wellness center)



The chart below compares the number of calories burned at a given body weight for different physical activities:

Activity	Calories burned in 30 minutes of exercise		
	125 pounds	150 pounds	175 pounds
♦ One mile, 15 minute walk	170	200	225
♦ One mile, nine minute run	330	390	460
♦ Stair climbing at moderate pace	300	375	425
♦ Aerobic dancing	140	170	200
♦ Light weight training	150	185	215
♦ Rowing machine	350	420	495
♦ Step aerobics, 120 steps per minute	300	375	440
♦ Biking with moderate tension	190	225	260

(Courtesy of the health and wellness center)

Sports Briefs

Congratulations

Congratulations to **Robert Varkonyi**, 52nd Communications Squadron, for winning first place at the USAFE racquetball championship at Baumholder Army Base; and kudos to **Sergio Santos**, 52nd CS, for taking first in the consolation bracket. The Spangdahlem AB team earned third place, while the Baumholder team received second and the Kaiserslautern Army team won first. Team players include:

- ♦ Dan Barbeau
- ♦ Robert Varkonyi
- ♦ Darryl Williams
- ♦ Sergio Santos
- ♦ Roger Ammens

Intramural basketball

Come out and watch the men's and women's last varsity basketball game Saturday at the fitness center. The men's game kicks off at 1 p.m., and the women's game begins at 3 p.m. For details, call the fitness center at 452-6496.

National nutrition month

Run or walk to a healthier, happier lifestyle at the national nutrition month 5K fun runs March 1 and 31. The 5K starts at noon each day and begins at the Skelton Memorial Fitness Center. Participants may run or walk the course, and strollers and pets are welcome. For details, call the fitness center at 452-6496.

Tobacco cessation

The health and wellness center offers tobacco cessation classes March 2 at noon and 5 p.m. The noon class takes place in the HAWC conference room, and the 5 p.m. class is in the Bitburg Annex Hospital conference room. The class helps participants kick the habit while focusing on improving their quality of life. For details, call Tech. Sgt. Edith Fields at 452-7385.

Track team meeting

The Spangdahlem AB track team holds their first meeting March 4 at 10 a.m. in the fitness center conference room. For details, call Staff Sgt. Edward Davis at 452-7368, or e-mail him at delken04@yahoo.com.

Fitness certifications

♦ Johnny G. Spinning Instruction (JGSI) certification takes place April 9-10 and costs 250 euro. The registration deadline is March 15.

♦ Aerobics and Fitness Association of America (AFAA) International Personal Training certification takes place April 15-17. The cost is \$419 including book and study guide. The registration deadline is March 15.

♦ AFAA Primary Group Exercise certification kicks off May 14. The cost is \$296 including book and study guide. The registration deadline is April 1.

♦ MAT Science I Workshop takes place May 15 and costs \$129. The registration deadline is April 1.

For more information, call De Shane Casillas at 452-6496/6634, or e-mail her at deshane.casillas@spangdahlem.af.mil.

Iron flight competition

The Iron Flight competition kicks off March 22 at 3 p.m. at the Skelton Memorial Fitness Center. Scoring is based on the results of activities such as two-minute push-ups, a relay race, planks, wall sits and farmer's walk. Pre-registration is required. For details, stop by the fitness center, building 152, or call 452-6496.

Spin-a-thon

Feel "wheel" good and burn calories with three hours of spinning during the Spin-a-thon March 26 at 9 a.m. People do not have to sign up for the full three hours; they can sign up for just an hour or two. For more information, call the fitness center at 452-6496.